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11-2006

# Vegetable Group: Add Variety

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## Repository Citation

Daly-Koziel, Kathy and Walters, Jackie, "Vegetable Group: Add Variety" (2006). *Family and Consumer Sciences Publications*. 21.  
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NEP-203A

# VEGETABLE GROUP

## Add Variety

### Prepare vegetables in different ways:

- ▲ Raw
- ▲ Boil
- ▲ Steam
- ▲ Bake
- ▲ Stir-fry
- ▲ Microwave

### How do you usually prepare vegetables?

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### Mix and Match

- Add vegetables to rice and pasta.
- Add more vegetables to soups, broths, and stews.
- Prepare meats and eggs with vegetables.

### Name a dish that you could add vegetables to:

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### Flavor Helps

Simple things added to vegetables can add to their flavor. Try some of these combinations:

- Beans: bell pepper, chili powder, garlic, ground cloves, onion
- Cabbage: garlic, onion, oregano, rosemary, thyme
- Carrots: anise, cinnamon, cloves, dill, mint, pineapple, sage, tarragon
- Corn: allspice, bell pepper, chili powder, garlic, onion, pimiento, tomato
- Cucumbers: chives, dill, garlic, onion, vinegar
- Green beans: dill, fresh lemon juice, garlic, marjoram, nutmeg, onion, pimiento, rosemary, thyme, tomato
- Greens: garlic, lemon juice, onion, vinegar



- Peas: mushrooms, onion, parsley, sage, savory
- Potatoes: chives, dill, garlic, green bell pepper, onions, pimiento, rosemary, sage, thyme
- Summer squash: allspice, chili powder, dill, fennel, garlic, onion, rosemary, savory, thyme
- Sweet potatoes and acorn squash: allspice, cinnamon, cloves, ginger
- Tomatoes: allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme

**What seasonings do you add to vegetables?**

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## Vegetable Secrets

Fresh is best for flavor but may cost more.

Take advantage of fresh vegetables in season. They cost less in season and have great flavor. Buy crisp-looking fresh vegetables, without bruises.

**Available year-round** — lettuce, onions, cabbage, carrots, celery, spinach, potatoes

**Spring** — asparagus, broccoli, spinach

**Summer** — green beans, beets, cucumbers, tomatoes, zucchini, peppers

**Fall** — broccoli, cauliflower, winter squash, sweet potatoes, brussels sprouts

**Winter** — broccoli, cabbage

## Did You Know?

Dark green, deep yellow, and orange vegetables have lots of vitamins and minerals.

**Which vitamin do greens, sweet potatoes, and broccoli have in common?**

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## More Savings

- Pound for pound, vegetables in packages usually cost less than loose vegetables. However, if you won't be able to use the larger bag before the vegetables spoil, you've wasted money.
- Canned and frozen vegetables often cost less than fresh.
- Small-sized vegetables usually cost less, if buying by weight.

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*Reference: Vegetable Preparation for the Family. University of Kentucky Cooperative Extension Service.*

*Prepared by Sandra Bastin, PhD, RD, LD. 2000*

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Revised 11-2006